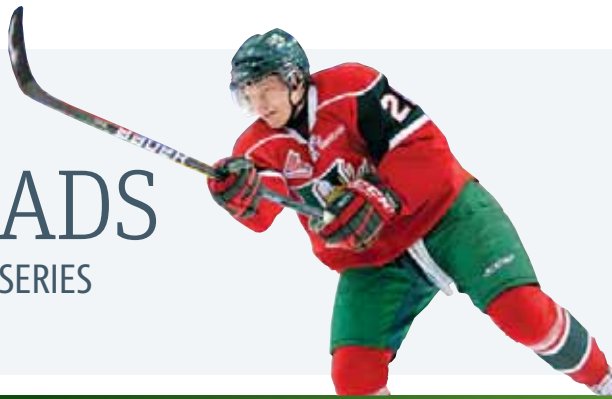


GREAT START FOR MOOSEHEADS

HERD GRABS 2-0 LEAD IN FIRST-ROUND SERIES AGAINST THE MONCTON WILDCATS

PAGE 21



HALIFAX

metro

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Monday, March 26, 2012



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Nova Scotia MPs line up behind new NDP leader

Moving forward.

Leadership of Thomas Mulcair will take time to develop: Chisholm

Halifax MP Megan Leslie says the transition to new leadership for the federal New Democrats will take time, but the caucus is ready to hit the ground running.

Leslie said the caucus has already met to discuss how the party will move forward under the new leadership — even before that leadership was selected.

“Ultimately, people supported different candidates, but we knew there would only be one person who could win,” Leslie said Sunday. “We’re prepared. And in becoming prepared, we were really positive about it even before the voting started on Saturday. So it’s a pretty easy transition for us.”

Thomas Mulcair, a veteran Quebec MP and Jack Layton’s successor as NDP leader, will take his chair on Monday as



Thomas Mulcair hoists a glass of Orange Crush representing the NDP breakthrough during the leadership convention in Toronto. FRANK GUNN/THE CANADIAN PRESS

the leader of the official Opposition after winning the top job on Saturday.

Dartmouth-Cole Harbour MP Robert Chisholm, himself once a candidate for the position, said it will take time for Mulcair’s vision to take shape.

“Tomorrow is not going to define us as an Opposition party or Tom as the Opposition leader,” Chisholm said Sunday. “That’s going to take days,

Quotable

“(Thomas Mulcair’s) focus for Monday, I’m sure, is just going to be getting all our ducks in a row, getting that organization started.”

Halifax MP Megan Leslie

weeks, months.... There’s not going to be major changes because all the people who have been doing the heavy lifting (in parliament during the leadership race) are going to have to do the work on the budget.”

It will be an eventful week in Ottawa, and not only due to Mulcair’s first few days as leader. Finance Minister Jim Flaherty will table the Conservative’s 2012-13 budget on Thursday, which should give plenty of fodder for both opposition parties — particularly due to the rumoured cuts to the civil services.

ALEX BOUTILIER/METRO

More coverage (pages 3 and 8)

AGONY OF DEFEAT

for Rainmen

PAGE 20

Halifax Rainmen’s Darnell Hogue holds a shirt over his head on the bench in the dying seconds as the London Lightning captured the National Basketball League of Canada championship on Sunday. London won 116-92 to take the best-of-five series 3-2. DAVE CHIDLEY/THE CANADIAN PRESS

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Karat | Price/gram

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9999 Canada Maple leaf, less than 1 ounce	\$50.26/g
24k Jewellery	\$37.03/g
22k	\$33.92/g
E. Indian/Nuggets	\$30.07/g
18k	\$27.78/g
14k and dental	\$21.59/g
10k	\$15.41/g
9k	\$13.89/g
8k/antique gold	\$9.26/g

Gold Bar Buying Prices

Gold Bars | Buy Price

Gold 1 ounce (Recognized)	\$1,513.77
Gold 10 ounce (Recognized)	\$15,055.47
Gold 1kg (Recognized)	\$48,403.33
Gold bars, less than 1 ounce (Recognized)	\$48.41/g
999 Gold bar (Unrecognized)	\$47.09/g

Silver Coin, Bars, and Jewellery Buying Prices - Canada Coins | Price

Maple Leaf (1 ounce Silver, Sealed)	\$30.38/coin
-------------------------------------	--------------

Silver Jewellery and Other Silver | Price

Stamped Sterling Silver Flatware	\$0.65/g
Stamped Sterling Silver Jewellery	\$0.60/g
Mexican Silver stamped 925	\$0.51/g
Stamped 800 Silver	\$0.49/g
Unstamped scrap silver	\$0.33/g
Other silver coins	\$0.69/g

*Actual buying prices are based on weight of silver content, which is lower for worn coins.

Prices Updated: 2012-03-22 22:28:46 UTC

Example Purchase 1:

Purity: 14k • Weight: 193.50g

PRICE: \$4,177.67



Example Purchase 2:

Purity: 24k • Weight: 6.42g

PRICE: \$237.73



Example Purchase 3:

Purity: 14k • Weight: 183.30g

PRICE: \$3,957.45

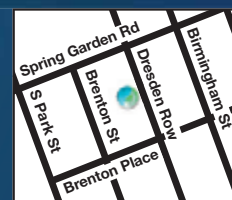


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Breast health

Bust a Move brings in big bucks

Bust a Move not only brought out the moves, in brought in the cash, too. The third annual Bust a Move for Breast Health day-long fitness event raised \$601,471 for the development of the Breast Health Centre in Halifax.

The event was held on Saturday at the Canada Games Centre in Clayton Park and featured Canadian actress and comedian Andrea Martin.

Hundreds participated in six separate fitness sections throughout the day, with the final tally seeing participants take in just over \$500,000 in donations.

The other \$100,000 was from a community partner.

"It was an amazing day for an amazing cause right here at home in Nova Scotia," Laura Charlton, the volunteer chairperson, said in a release. "The energy and passion from all involved was contagious and we should all be proud of the impact we made."

Bust a Move, a joint event of the QEII Foundation and the IWK Foundation, has now raised more than \$3.4 million for the Breast Health Centre. **METRO**



Andrea Martin CONTRIBUTED

Stark Oil

Feds lend \$500K for N.S. company

The federal government is lending half a million dollars to help a Nova Scotia company expand.

Defence Minister Peter MacKay announced the business loan from Atlantic Canada Opportunities Agency for Stark Oil on Sunday. Stark Oil, a rural Pictou County-based company specializing in transformer and fluid rejuvenation, is poised to expand into new global markets with the government support.

The repayable contribution of \$500,000 from ACOA will allow the company to construct a 5,000-square-foot facility adjacent to its existing facility in Merigomish, as well as build two transformer-maintenance trailers for mobile fluid rejuvenation. **NEW GLASGOW NEWS**



An NDP delegate wears a Brian Topp hat as she votes at a polling station in the fourth round of voting during the NDP leadership convention in Toronto on Saturday. PAWEL DWULT/THE CANADIAN PRESS

HRM to review e-voting contract

Spanish Firm.

Maintaining the integrity of the voting system paramount: Peter Kelly



ALEX BOUTILIER
alex.boutilier@metronews.ca

The Halifax Regional Municipality will be reviewing a decision to award a Spanish e-voting company a contract for this October's election.

This in the wake of e-voting delays that plagued the federal NDP leadership convention in Toronto on Saturday. Scyt, the Spanish company that oversaw

Quoted

"Above all, it's the integrity of our voting system that must be protected. So if that means changing, and going with a different company or a different direction ... then that will certainly be a factor."

Mayor Peter Kelly

the convention's e-voting, was awarded a contract in January to provide electronic voting for the upcoming HRM election.

"With the events of the weekend ... we certainly will be reviewing the situation with the company," Mayor Peter Kelly said on Sunday.

"(HRM will) determine whether or not this was an issue of just malfunction, or other factors as was indicated

(by the NDP)."

NDP members were frustrated Saturday after encountering long delays with the party's e-voting system.

Party officials told reporters they believe they were the target of cyber-vandalism. The NDP believe they have isolated two IP addresses behind the attack, which caused issues both at the convention and across the country. According to the

NDP's former national director Brad Lavigne, voters' personal information was secure, and the shadowy internet figures were only successful in causing delays.

"The analogy that can be used is that somebody was trying to break into our house and the alarm went off and the robbers were scared away," Lavigne said.

It's unclear what steps the municipality can take — Scyt beat out four other companies, including Dartmouth's Intelivote Systems, for the \$553,000 contract, which has already been awarded.

An interview request with Scyt Canada was not returned on Sunday.

WITH FILES FROM THE CANADIAN PRESS

NDP. Singh a distant sixth in leadership race

Nova Scotia pharmacist Martin Singh came a distant sixth in Saturday's NDP federal leadership convention.

Singh, a party member from Musquodoboit Harbour who has not held a political office, was seen as a longshot from the beginning of the race.

In the end, the 39-year-old placed sixth out of seven on the first ballot, besting Churchill MP Niki Ashton, but finishing behind Ottawa MP Paul Dewar. As he had indicated prior to the

convention, Singh threw his support behind the NDP's Quebec lieutenant, Thomas Mulcair, who eventually carried the day in the fourth ballot.

Singh was the only Atlantic Canadian in the race. Robert Chisholm, a rookie MP from Dartmouth-Cole Harbour, dropped out earlier this year due to his inability to speak French in a caucus dominated by Quebec MPs.

Singh, who has degrees in chemistry, chemical engineer-



NDP leadership candidate Martin Singh speaks on stage during the NDP leadership convention in Toronto on Friday. PAWEL DWULT/THE CANADIAN PRESS

ing and pharmacy from Dalhousie University, and a MBA from Saint Mary's University, was the only leadership hope-

ful to throw his support behind a specific candidate after bowing out. ALEX BOUTILIER/METRO / WITH FILES FROM THE CANADIAN PRESS



NEWS

On the mobile

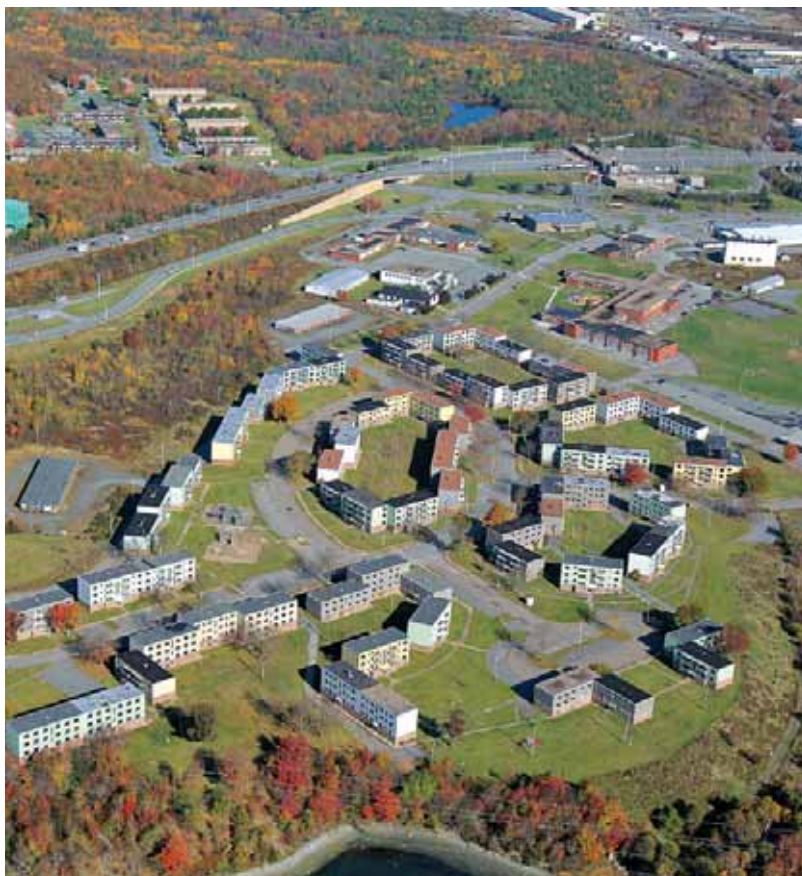


Wonder who's leading the pack in raising awareness of animal rights? Scan the code to find out which celebrities snatched up Humane Society Genesis Awards

On the web

Outrage over teen's death grows

One month after the shooting death of 17-year-old Trayvon Martin, African-American community churches around the U.S. have amplified the cries for justice. Watch Rev. Jesse Jackson speak to a standing-room-only crowd at metronews.ca/video



The former military barracks in Shannon Park are seen in this file photo. The area is one of the spots being considered as a potential outdoor stadium site. THE DAILY NEWS

Door all but closed on outdoor stadium

Lack of investment. HRM staff suggest council decline 2015 FIFA World Cup of Soccer hosting bid



JENNIFER TAPLIN
jennifer.taplin@metronews.ca

Dreams of building a stadium in the near future and hosting a FIFA event are all but dead in the water.

Council will vote on the matter on Tuesday, but many councillors have stated emphatically: no partners, no \$60-million stadium.

"It's a personal disappointment that it was an element that was not able to be completed, but it's more of a municipal disappointment that we aren't able to garner this needed piece of sport infrastructure," said Mayor Peter Kelly, who will leave the stadium issue as a loose end when he steps down from the mayor's chair in the fall.

He said it's still not a matter of if, but when, because Halifax needs a stadium as the region's biggest city.

The report said HRM representatives met with the premier, interested MLAs, and all party leaders. The official response: "A business case for the stadium had not been prepared in a manner to support a provincial investment."

There were meetings with federal ministers of ACOA and sport, as well as support from Defence Minister Peter MacKay. But the federal departments said they would not partner at this time. A request for private partnerships was issued and seven corporations replied, but none of them offered cash for construction.

Staff suggest shelving the \$275,000 stadium analysis for future consideration in

The cost

\$5.4M

What it would cost HRM for traffic, sewer and water upgrades to get Shannon Park ready for development.

Quoted



"I wish (Moncton) well. They have the facilities so they're able to take up

the opportunities as they come forward." Mayor Peter Kelly

the capital plan, but moving ahead in the meantime with the possible purchase of the Shannon Park Lands.

It's owned by the Department of National Defence but will soon be disposed of as surplus property to the Canada Lands Company. Kelly said the 33-hectare site would be perfect for a "campus concept" that would include a stadium as well as a quadplex. It would be an enormous asset for that part of Dartmouth, Kelly said.

"Being an eternal optimist, I would hope it's within years not decades," Kelly said.



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Cheers to the competitors

The Glace Bay Panthers cheerleading squad performs at the Cheer Expo Grand Championships at the Halifax Forum on Sunday afternoon. The annual Cheer Expo is the largest cheerleading competition in Atlantic Canada. RYAN TAPLIN/METRO

Downtown shooting results in charges

Crime. Intended target not injured, police say

Several shots were fired Saturday morning in downtown Halifax.

It happened just before 3 a.m. near Grafton and Carmichael streets — in the area of the The Dome and Cheers. Halifax Regional Police Staff Sgt. Lindsay Hernden wouldn't say if the people involved in the shooting were in either of the bars because that aspect of the investigation is being looked into, but there was a fight before the shooting.

Police say they arrived quickly and were told by witnesses that a man ran from the scene. The Halifax man

Quoted

"It's no secret with last year, the number of shootings that have occurred — it's only by good luck that we haven't had somebody out there, an innocent party, being seriously injured." Staff Sgt. Lindsay Hernden

was later picked up on Upper Water Street near the casino parking garage.

"He turned out to be the victim in this particular incident," Hernden said.

The man was not injured. Hernden said witnesses also told police two other men

allegedly involved in the fight left in a vehicle and were able to provide a description and a plate number.

"It was quickly located by our patrol personnel and eventually stopped on the 2500 block of Creighton Street, and the two parties in the vehicle were taken into custody," he said.

The two men, both from Dartmouth, were charged.

A 24-year-old man will face attempted-murder and weapons charges and a 28-year-old man will face several weapons charges when they appear in court Monday.

"Our integrated investigative section came in and began doing the investigation and a firearm was recovered in the incident," said Hernden.

JENNIFER TAPLIN/METRO

Crime

Shots reported in North Preston

Police are investigating a shooting in North Preston on Friday night.

Halifax RCMP were called to Downey Road after 10 p.m. for a shots-fired complaint.

There were no injuries.

RCMP could not confirm if the gun was pointed at anyone when it was fired, but a suspect vehicle was seized.

No arrests have been made and RCMP are asking for anyone with information to contact them. METRO

HRP. Police force names its new deputy chief

The Halifax Regional Police department has a new deputy chief.

Chief Frank Beazley has announced the promotion of Bill Moore to the rank of deputy chief.

Moore will assume responsibility for operations, which encompasses the department's criminal investigations and patrol divisions, as well as the public-safety office.

He has been a member of the executive management team as a superintendent for the past eight years.

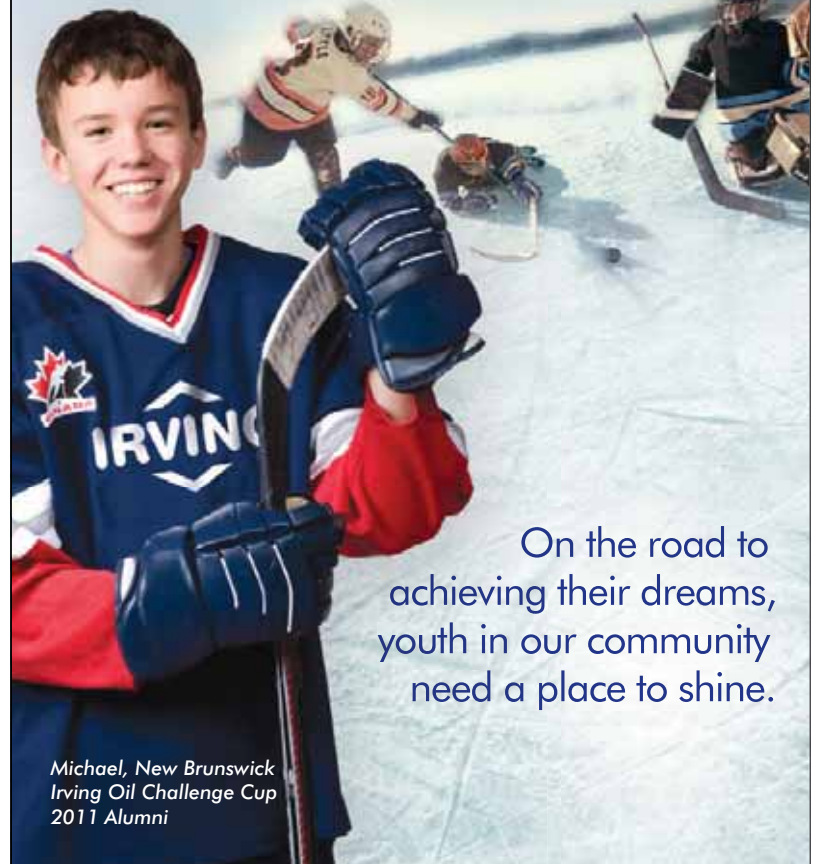


Bill Moore RYAN TAPLIN/METRO

Const. Brian Palmetter says the change came after Deputy Chief Tony Burbridge retired following 35 years of service. THE CANADIAN PRESS

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New CEO of human rights commission brings resolve to job

Overcoming odds.

Quadruplegia hasn't stopped Shannon from beating barriers and breaking world records

Even when faced with the perils of a life-changing spinal-cord injury 30 years ago, David Shannon's optimism never wavered.

Shannon, recently appointed CEO of the Nova Scotia Human Rights Commission, was lying in a hospital bed three weeks after an accident at rugby practice during his first year at the University of Waterloo left him a quadriplegic. He was 18 years old.

Irritated by the white walls and beeping machines that surrounded him, a few friends nabbed Shannon from the hospital and took him to a Toronto bar. It was there that they were faced with one of the first chal-



David Shannon. CAPE BRETON POST

lenges of Shannon's quadriplegia: a set of stairs.

"We said, 'Let's go find another place' and he said, 'No, you guys can get me up there.' So we picked the chair up and took him up," said longtime friend Troy Myers.

Myers said that day illustrates the kind of resolve Shannon will bring to his new job.

Shannon, 48, has worn

many hats. He was a member of the Ontario Human Rights Tribunal, an adviser to the Canadian Paraplegic Association of Ontario and had a law practice in Thunder Bay, Ont.

But it's his appetite for the extreme that has probably garnered the most attention.

In 2009, he became the first quadriplegic to reach the North Pole, where the expedition planted a sign that normally identifies accessible parking spaces to defiantly mark his accomplishment.

Shannon also holds the record for the highest skydive by a person in a wheelchair — a 28,000-foot plummet in 2009. He also took his wheelchair on a 9,000-kilometre journey across Canada.

Although his record-breaking days are over for now, Shannon said he wants to focus on another quest: advancing human rights in his home province.

ALY THOMSON/THE CANADIAN PRESS



Urban to return to Halifax

Keith Urban performs during the Grand Ole Opry at Ryman Auditorium in Nashville, Tenn., last month. Urban is returning to Halifax to perform at the Halifax Metro Centre on Aug. 19 at 7:30 p.m. Tickets go on sale Friday at 10 a.m. through Ticket Atlantic, with seating priced at \$89.50 and \$69.50. JEANNE REASONOVER/THE ASSOCIATED PRESS

Agriculture

Farmers not warming up to weather

While many people were revelling in last week's summer-like weather, it's not necessarily good news for farmers.

Henry Vissers, executive director of the Nova Scotia Federation of Agriculture, said the sun and hot temperatures could have both negative and positive affects.

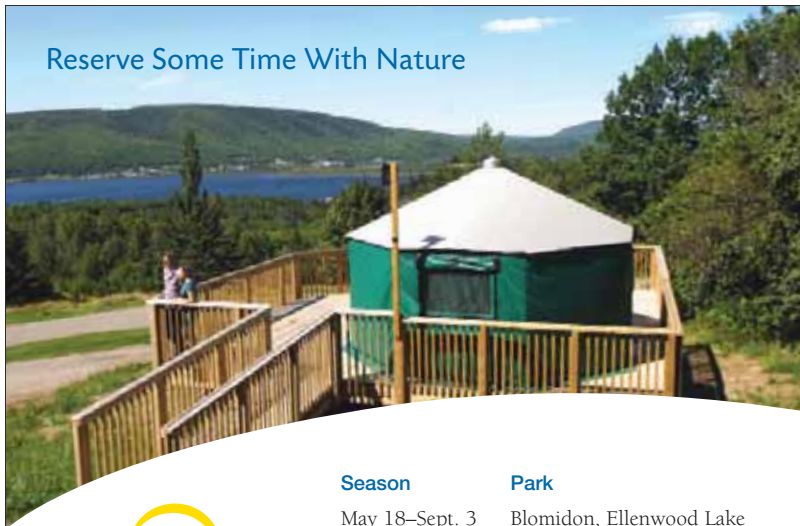
"While farmers love to have warm weather, they have noticed things are drying up already," said Vissers.

One of the main worries involves crops growing too soon, such as blueberries, and what reverting to cold temperatures and frost could do to them.

"When it comes to maple syrup, farmers rely on cold nights and warm days, so if we have too many warm days and no cold nights it could stall the sap run for a period of time," added Vissers.

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June 8–Sept. 10	Mira River
June 15–Sept. 3	Laurie, Valleyview
June 15–Sept. 10	Battery, Boylston, Salsman
June 15–Sept. 24	Smileys
June 15–Oct. 8	Amherst Shore, Caribou, Dollar Lake, Five Islands, The Islands
June 15–Oct. 15	Whycocomagh

PURPLE DAY IS HERE!



March 26th is the Global Day for Epilepsy Awareness and people are wearing purple to show they care! Things you should know about epilepsy:

- People with epilepsy have **seizures**, caused by sudden bursts of excess energy in the brain. Not all seizures are the same.
- As many as **10,000** people in Nova Scotia have epilepsy; **300,000** in Canada. Epilepsy may begin at any age, but the highest rates are in childhood or **after age 65**.
- People with epilepsy have the same range of intelligence as the general public.

For more info, contact: The Epilepsy Association of Nova Scotia
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Dalhousie merger on horizon

Explanation. The Nova Scotia Agricultural College was designated a candidate for a merger after a report identified it at risk because of financial challenges

Benefits

"This is a permanent solution that will strengthen NSAC, benefit students and improve the economy of Bible Hill and Truro."

John MacDonell, minister of Agriculture, in a statement

The province has announced an agreement to merge the Nova Scotia Agricultural College with Dalhousie University. Agriculture Minister John MacDonell says the merger is intended to strengthen the college, which has experienced

financial problems in recent years.

The college was one of six identified in a 2010 report by consultant Tim O'Neill as being at risk because of financial challenges that could threaten its long-term viability.

At the time, O'Neill said it



A student passes through the Dalhousie campus in this file photo.
RYAN TAPLIN/METRO

was one of four potential candidates for a merger.

Under the agreement, college faculty and staff will become Dalhousie employees.

The merger takes effect July

1. The Nova Scotia Agricultural College employs about 300 faculty and staff and has an enrolment of about 1,000 students. It was founded in 1905.

METRO

Negotiations. Threat of transit strike in Moncton

Walkout

80

About 80 Codiak Transpo drivers, servicemen and mechanics represented by the Amalgamated Transit Union Local 1290 will be in a legal strike position on March 31

City officials in Moncton, N.B., are warning the public that a strike could hit the transit system by week's end.

If it happens, the strike would be the latest transit work stoppage in a major Maritime city.

A seven-week transit strike ended in Halifax two weeks ago.

Moncton officials say about 80 Codiak Transpo drivers, servicemen and mechanics represented by the Amalgamated Transit Union Local 1290 will be in a legal strike position on March 31.

Both sides have agreed to

mediation and the city says they will return to negotiations throughout this week.

Outstanding issues in the dispute include wages, scheduling and overtime.

The union has been without a contract since June 2010. **THE CANADIAN PRESS**

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Mulcair won't play Mr. Nice Guy

Layton's successor.

Mulcair vows to match Conservatives for toughness and discipline as new NDP boss

The NDP hit the reset button this weekend, finally replacing the late Jack Layton with a permanent party leader who will provide shading and definition to Canada's

42nd parliament.

Thomas Mulcair steps into the gaping breach left when Layton died from cancer less than four months after his party's electoral breakthrough.

Mulcair, a former Quebec Liberal cabinet minister, arrives just in time for the Conservatives to deliver Thursday's federal budget, their first as a majority and one expected to deliver sweeping changes.

And the new NDP leader

paid his foes a singular compliment by suggesting the Conservatives' rigour needs to be emulated.

"Right now we're facing a government that's very tough, very well structured, and we've got to do the same thing," Mulcair told reporters on Sunday in his first news conference as NDP leader.

After seven months with the inoffensive caretaker Nicole Turmel leading the Opposition in the Commons, Mulcair brings a

Fightin' words

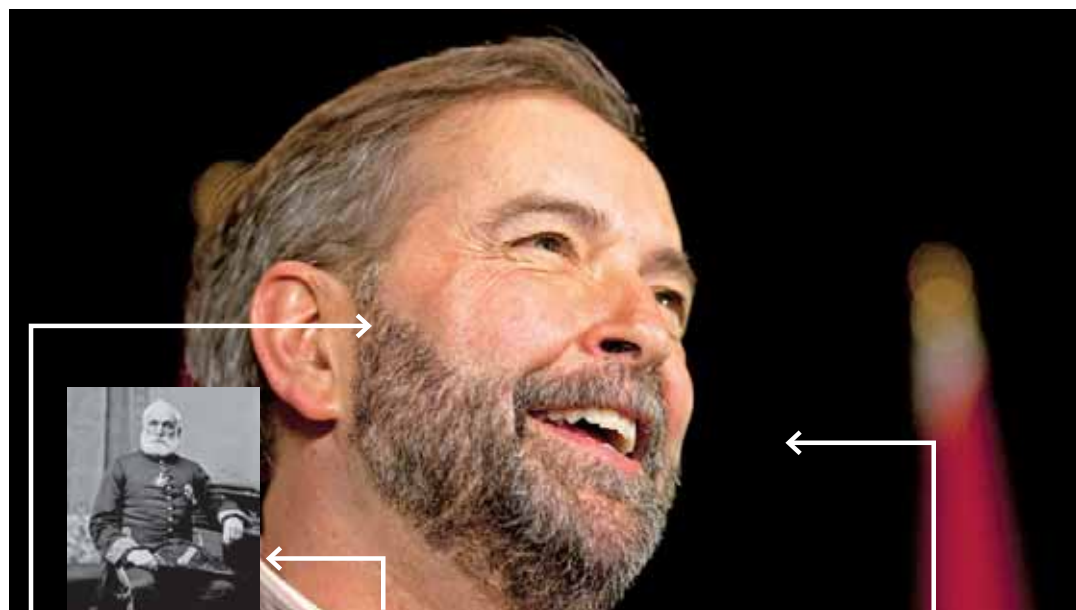
"We've got to structure an official Opposition that will bring the fight to them like they've never seen before."

New NDP Leader Thomas Mulcair

far more forceful — Tories say "vicious" — persona to the canvass.

THE CANADIAN PRESS

A brief history of beards in politics



CHRIS YOUNG / THE CANADIAN PRESS

Mission Mulcair

To beardedly go where few have gone before

All but unremarked upon in the NDP's agonizingly slow — and consequently much-analyzed — choice Saturday of Montreal MP Thomas Mulcair to lead Her Majesty's loyal Opposition has been his facial hair.

In an age of whiskerless political leaders, it's also something of an image gamble.

Last of the bearded PMs

1894

Not since Mackenzie Bowell in 1894 have Canadians had a bearded prime minister, and Bowell managed the feat without actually running for the office. The Conservative senator got the nod when then-prime minister John Thompson suddenly died. Bowell may not be an inspirational figure for Mulcair. Apart from his dramatic, spade-like facial hair, Bowell's two-year reign was notable for him being the only prime minister to be forced to resign by members of his own cabinet, which he labelled "a nest of traitors."

Quotable



"When I cut my beard off people say, 'Oh my gosh, Trudeau's back in politics.' I was no longer retiring, just because I'd cut my beard off."

Pierre Trudeau, who briefly grew a beard following an Arctic trek during his few months in opposition in 1979.

Just like Jack

A continual line of facial hair

Perhaps New Democrats are doing their own subconscious image channelling.

Their beloved late leader Jack Layton's thin moustache was something of a trademark, and he stubbornly refused to bow to whispers that it had to go.

The bearded Mulcair, it seems, is going to give it a shot.

THE CANADIAN PRESS

NDP. Cyber-attack source yet to be determined

The NDP has not called the police to investigate an orchestrated attempt to sabotage the electronic voting system the party used to choose a new leader.

But it's not ruling out the possibility once it unmasks the hacker responsible for the repeated cyber-attacks

that caused lengthy delays in Saturday's leadership vote.

"What we know is that there was an organized attempt to clog the site," said party president Rebecca Blaikie on Sunday. "Once we know the magnitude of it, we'll be able to make further decisions."

THE CANADIAN PRESS

Pickton. Serial killer tells journo to pose as lawyer

From inside a maximum-security prison, serial killer Robert Pickton offers a suggestion to a reporter.

"Tell them (prison staff) when making appointment by telephone that you are my new defence lawyer being appointed to this case, in defending Mr. Pickton's rights."

Pickton writes in a letter to The Canadian Press.

The bizarre ruse is Pickton's solution to what he describes as a "certain stumbling block" — an apparent restriction that has kept the killer away from reporters since his arrival at Kent Institution, east of Vancouver.

THE CANADIAN PRESS

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To infinity and beyond

In honour of Metro's new contest — where one lucky reader will win a trip to space (no joke! Details at metroinspace.com) — we rounded up six other unexpected things that have made it into orbit. You could be next!

METRO WORLD NEWS



A lightsabre

Luke Skywalker's, to be exact. In 2007, to commemorate Star Wars turning 30, NASA took a replica from Return of the Jedi on the Space Shuttle Discovery. According to reports, the force was strong with that flight.



Critters

You've never been to space. But somehow, all of the following did get to go: Monkeys, mice, dogs, rats, cats, flour beetles, wasps, a tortoise, meal worms, bullfrogs, fish, spiders, newts, chicken embryos, snails, crickets, sea urchins, bees, ants, hissing cockroaches (what!?) and butterflies.



Legos

Back in December, a Romanian teenager built a shuttle out of Legos and sent it so high (from Germany), ice particles formed on the nose (go to metronews.ca watch the video). It got just to the edge of space before crash landing. Also, just this January, two teens in Toronto sent a Lego man soaring 80,000 feet. But neither of them got as high as Juno, Galileo Galilei and Jupiter, three Lego figurines sent on a NASA probe Aug. 5.



Golf club

Who was the first person to hit a golf ball on the moon? Astronaut Alan Shepard, in 1971. The two drives sent the ball "miles and miles." Look up and, at nighttime, you can still see it fly. Make a wish.



Scottie from Star Trek

Well, he almost made it. After his death in 2005, actor James Doohan, a.k.a. "Beam Me Up" Scottie, requested a portion of his ashes sent to space. But on the third try, the rocket carrying it exploded over the Pacific Ocean.



Buzz Lightyear

To infinity and ... et cetera. The Toy Story hero was the eighth astronaut on a Discovery mission to the International Space Station, back in 2008. He lived there for six months, appearing in videos to teach kids about, what else, the "beyond."



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New depths. James Cameron dives to deepest spot on Earth

Hollywood icon James Cameron has completed his journey to Earth's deepest point.

The Canadian director of *Titanic*, *Avatar* and other films used a specially designed submarine to dive nearly 11 kilometres. He spent time exploring and filming the Mariana Trench, about 320 kilometres southwest of the Pacific island of Guam, according to members of the National Geographic expedition.

Cameron returned to the surface of the Pacific Ocean on Monday morning local time, Sunday evening on the U.S. East Coast, according to Stephanie Montgomery of the National Geographic Society.

He spent a little more than three hours under water after reaching a depth of 10,898 metres before he began his return to the surface, according to information from the expedition team. **THE ASSOCIATED PRESS**

7.1-magnitude. Powerful quake rattles central Chile coast

A magnitude-7.1 earthquake struck central Chile Sunday night, the strongest and longest many people said they had felt since a huge quake devastated the area two years ago. There were no immediate reports of deaths or major damage.

The quake struck at 7:30 p.m. about 27 kilometres north-northwest of Talca, a city of more than 200,000 people where residents said the shaking lasted about a minute.

Buildings swayed in Chile's capital 219 kilometres to the north, and people living along a 770-kilometre stretch of Chile's central coast were briefly warned to head for higher ground.

"There are some injuries but nothing serious," said Interior Minister Rodrigo Hinzpeter, who was serving as acting president while Sebastian Pinera is on tour in Asia.

THE ASSOCIATED PRESS



Demonstrators hold a giant French flag as they attend a march in memory of the victims of Mohamed Merah in Paris on Sunday. THIBAUT CAMUS/THE ASSOCIATED PRESS

Charges filed against brother of Toulouse gunman

France. Officials launch formal investigation into older brother of Mohamed Merah, who was shot dead by police last week

More time

- Preliminary charges under French law mean there is strong reason to believe a crime was committed, but allow magistrates more time to investigate.

A Frenchman suspected of helping his brother plot attacks against Jewish schoolchildren and paratroopers has been handed preliminary murder and terrorism charges.

But Abdelkader Merah denied any role in the attacks. Investigators looking into France's worst terror attacks in years believe Merah helped his brother Mohamed prepare the killings, and are investigating whether they were linked to an international network of extremists or worked on their own.

Abdelkader's lawyer said he feels like "a scapegoat."

"No one knew anything"

about what Mohamed was plotting, lawyer Anne-Sophie Laguens told reporters in Paris on Sunday. She dismissed reports that Abdelkader had praised his brother's attacks. "He was never proud of those actions."

Mohamed Merah, 23, claimed responsibility for killing three Jewish schoolchildren, a rabbi and three paratroopers earlier this month. After a 32-hour stand-off with police, he died Thursday in a hail of gunfire as he jumped out a window of his apartment in the southern city of Toulouse.

THE ASSOCIATED PRESS



Show of support for slain teen

Patrick Mulchay, centre, joins other congregants in song during a service at Middle Collegiate Church in New York on Sunday. Churchgoers were invited to wear hoodies to services to show their support for justice in the case of Trayvon Martin, an unarmed black teenager who was wearing a hoodie on the night he was killed by a neighbourhood-watch captain in Florida. SETH WENIG/THE ASSOCIATED PRESS



RP+5
Regional Plan 5 Year Review



Halifax Regional Council has initiated a 5-year review of the 2006 Regional Municipal Planning Strategy (Regional Plan). The review will focus on how HRM can become more Sustainable, Vibrant, Liveable, Mobile and Prosperous.

Public Consultation

Public engagement is vital to the review as it will shape recommendations presented to Council. The consultations will focus on what has changed and how key policies need to address current challenges and future opportunities. Each meeting will begin with a 30 minute Open House, followed by a presentation and community discussion. All are welcome!

Meeting Location	Date	Time
St. Margaret's Centre (Rooms 1 & 2) 12 Westwood Blvd, Upper Tantallon	March 19	6:30 pm – 9:00 pm
Atlantica Hotel (Guild Hall) 1980 Robie Street, Halifax	March 21	6:30 pm – 9:00 pm
Millwood High School (Cafeteria) 141 Millwood Drive, Lower Sackville	March 22*	7:00 pm - 9:30 pm
Oyster Pond Academy 10583 Hwy# 7, Oyster Pond	March 26	7:00 pm – 9:30 pm
Mount Saint Vincent University - Rosaria Student Centre 166 Bedford Highway, Halifax	March 26	6:30 pm - 9:00 pm
Black Cultural Centre 10 Cherry Brook Road, Cherry Brook	March 28	6:30 pm – 9:00 pm
Holiday Inn Harbourview (Harbourview Terrace) 110 Wyse Road, Dartmouth	March 29*	6:30 pm – 9:00 pm

*Indicates live web-streaming

Get Involved!

These events are some of the many public engagement opportunities planned for HRM citizens and key stakeholders over the course of the project. For more information on the RP+5 project, visit www.halifax.ca/PlanHRM, follow @PlanHRM on Twitter, or visit www.facebook.com/PlanHRM.

Written submissions

Email: PlanHRM@halifax.ca
Mail: Halifax Regional Municipality
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What matters to you and your community? Help shape the Regional Plan!



Reach for a game and 'get away'



**ELISABETH
BRAW**
Metro World News

Peter Vesterbacka is known as Mighty Eagle, and he's the guru behind the Angry Birds games. Metro met Vesterbacka, who was clad, as usual, in an Angry Birds hoodie, at the Finnish Embassy in London.

Extremely busy people spend hours playing Angry Birds. What does that tell you about human psychology?

Everybody is busy nowadays. Angry Birds is a break that allows you to get away, even if it's just for a few minutes, so they can then get back and focus on their task. It's a very healthy habit. It's like vacations: people in Nordic countries take long vacations, but when they work, their productivity is very high. Angry Birds, and vacations, is like doing maintenance on yourself.

Recently, a magazine calculated that Angry Birds costs the U.S. \$1.5 billion in lost productivity each year. Do you feel guilty about that?

That's bullsh—t.... It's not like people are always working. Look at the proportions. People play Angry Birds for perhaps two hours a month — but they spend 158.5 hours per month



Angry birds creator Peter Vesterbacka METRO WORLD NEWS

watching TV. And when you watch TV, you lean back and watch the screen. When you play Angry Birds, you lean forward and engage your brain. You're active, not passive.

So Angry Birds is not a waste of time but a way of rechar-

ging one's brain?

Absolutely. Playing games is actually a very good thing to do. Do you know why in Finland boys speak better English than girls? Because they play more games, and the games are in English. There's no reason

why you shouldn't make learning fun, and games like Angry Birds do that. Incidentally, it's the same reason we're launching the Angry Birds activity parks: why not make physical activity fun? You can go for a five-kilometre run, which is

fine, but not everyone thinks it's fun. With our activity parks we want to make physical activity a fun thing to do. We want the Angry Birds activity parks to be all over cities, all over the planet, so you can easily walk or ride your bike to one.

The sequel



Here's what's new in Angry Birds Space:

- "We retain many of the core elements of the familiar game ... but take it to the next level by adding innovative elements like zero-gravity and new characters," says Petri Järviö, executive vice-president of games at Rovio Entertainment.
- "You have to think about how to make the birds go around the planets and hit the pigs," adds creative director Peter Vesterbacka.

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LET'S KEEP THE STADIUM DREAM AS JUST THAT



URBAN COMPASS
Stephen Kimber
halifax@metronews.ca

The stadium is dead. Long live the dream. But let's keep it a dream instead of the reality of turning into a taxpayers' nightmare.

A brief history is in order.

Peter Kelly, our in-search-of-a-legacy-to-match-his-longevity mayor, has long been eager to have the municipality erect an expensive new stadium, most recently — and urgently — in the faint hope we might somehow complete it in time to host a few FIFA Women's World Cup soccer matches in 2015.

Keep in mind Kelly previously tried to saddle us with that costly Commonwealth Games white elephant. And still wants us to invest in his convention-centre fantasy.

After feasibility studies and consultations, not to forget a pretty-please deadline-extension request for our FIFA bid, council asked staff in December to report on what it would take to build a stadium in time for the World

Cup events. Including, of course, identifying who else might be willing to share in its \$60-million construction cost.

Oops.

According to the report being presented to council on Tuesday, staff consulted widely with their provincial counterparts, prepared detailed information packages for all MLAs, met with both opposition leaders and even sat down face to face, twice, with Premier Darrell Dexter.

Sharing the cost ... or not

"In the end, the province decided HRM hadn't presented a business case ... to support a provincial investment."

In the end, the province decided HRM hadn't presented "a business case ... to support a provincial investment."

The municipality enlisted Nova Scotia's federal minister and stadium booster Peter MacKay. But even MacKay's cabinet clout wasn't enough to convince his ministerial colleagues to pour federal cash into the project.

Which left the private sector. Last month, HRM asked for "expressions of interest" from private developers. Seven made submissions. Only three offered potential "partnership opportunities," staff reported, and none included "any cash value."

Logically, staff is now recommending council just say no to building a stadium at this time.

Kelly, who told Metro's Jennifer Taplin he's "an eternal optimist," was disappointed but still hopeful the project could go ahead in "years, not decades."

The stadium, it's worth noting, will never pay for itself and will be a continuing operating drain on city taxpayers, regardless of who shares in its capital costs.

So I hope he's wrong.

Weird news

Mountaineer uses climb as aid to win memory contest

A Florida man who trained for a national memory competition by memorizing a randomly shuffled deck of cards as he climbed Mount Everest won the mental bout Saturday and broke a U.S. record.

Nelson Dellis, 28, of Miami, said his rigorous training for the challenge required him to reshuffle the deck of cards at each

new altitude in his climb.

It was the second year in a row that Dellis won the USA Memory Championship, which was held in Manhattan. He also broke a record for memorizing 303 random numbers in five minutes, besting the previous record of 248 numbers in five minutes, which he himself set last year.

"It's all tricks," Dellis explained of his win. "I don't have a good memory naturally. It's something I learned and taught myself." **THE ASSOCIATED PRESS**

Irises of sapphire and gold



LORRAINE HUDGINS/REX FEATURES

Eye dandy

Bi-coloured eyes key to kitty's charm

For lovers of cutesy, quirky animals, all eyes are on Speedy the Cat — the white cat born with one blue eye and one gold. This kitty has a feline form of complete heterochromia, a condition that also occurs in some other animals. Graphic designer Lorraine Hudgins, shown at right, took this snap at her workplace. **MWN**

Nice! But I'm allergic



Is this odd-eyed cat yours?

No, she belongs to the owners of the print shop where I work. I thought she would make a good subject for a photograph, so one day I brought in my camera to take some snaps of her. She's very sweet-tempered

but does meow loudly when she wants something — probably because she can't hear herself, as she is deaf.

A deaf pet? Does that not make her a less pleasant companion?

Speedy's deafness and eye condition don't make her any less of a pet. It depends on each animal how valuable they are, but in Speedy's case, she's such a special character! She's a sweetheart, even though she does make me sneeze, as I am allergic!

ANTHONY JOHNSTON/MWN

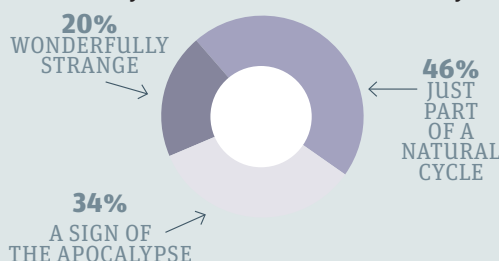
Heterochromia

- **Lack or excess of pigment.** Heterochromia is a genetic condition that stops melanin pigment from reaching one of the irises; the condition can also supply excess pigment.
- **Cats and dogs affected.** The condition most commonly affects white cats with the white spotting gene. White cats with one or two blue eyes are more predisposed to genetic deafness. The disorder is more likely in huskies than in any other animal.

Panel

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The unusually warm weather across the country is:



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@TomAskForMore

Great day to be working outside. Spring is a busy time on the farm & things don't get done by themselves #Halifax#nsoli

@uncommongroup

Citizens need to do a better job

understanding #HRM politics and not just listening to elected officials & media. #Halifax

@MrRymire

If ever I was to get hurt at a bar, last night woulda been the night to do it with all the MED students out! #DalMED #Halifax #dalhouse

@Allisomething

My sweatpants are too big to be worn in public. Hope you enjoyed that, Halifax.

Jennifer Lawrence already proved in 2010's *Winter's Bone* that she could play a girl with strength, wisdom and survival instincts beyond her years. Her performance made her the ideal choice to play Katniss Everdeen, the 16-year-old heroine of *The Hunger Games*. Here's a look at five other teenage movie bad-asses — if you're not too intimidated to take them on, that is.

CHRISTY LEMIRE/THE ASSOCIATED PRESS

'The king of Hogwarts'

Daniel Radcliffe in *Harry Potter*: He defeats pure evil. What more do you need? Sure, he starts out as a nerdy, insecure 11-year-old, living a miserable life underneath the stairs at his aunt and uncle's house, unaware of the greatness that dwells within him. But soon he's mastering spells and brandishing his wand with purpose and ferocity. He's the king of Hogwarts. Professors admire him. Friends are loyal to him. Chicks dig him. Everyone knows his name — including Lord Voldemort, who could be using his destructive powers in myriad other ways, but instead chooses to focus them on our young hero. And he probably wishes he hadn't.



Daniel Radcliffe in *Harry Potter* CONTRIBUTED

Teen loner turned detective

Joseph Gordon-Levitt in *Brick* (2005): This is a 1930s-style film noir set in a contemporary Southern California high school. Gordon-Levitt plays Brendan, a young loner who's investigating the murder of one of his classmates. Brendan's looks in no way indicate what he's capable of doing as he digs closer to the dangerous truth. He's slight, fine-featured and messy-haired, perennially dressed in a simple, grey hooded sweat shirt. But he's quick-witted and he can take a punch (the frequency with which he gets his butt kicked is comical), all of which he does for this doomed woman he loved.



Joseph Gordon-Levitt in *Brick* CONTRIBUTED

5 teenage movie bad-asses we love to root for

Sean Penn as a loveable stoner

Sean Penn in *Fast Times at Ridgemont High* (1982): No matter how many roles Penn immerses himself in or Oscars he wins, he will always be Jeff Spicoli to me. Spicoli totally knows how to navigate the system. He orders pizza in Mr. Hand's class — 'cause there's nothing wrong with a little feast on our time — trashes a sports car and turns it into a positive for the school's football team, has fun at all the joiner activities like dances and games but still remains blissfully, obviously cool and above the fray. Of course, he's high the entire time — and we would never condone drug use here in the Five Most space — but Spicoli does graduate. And he saves Brooke Shields from drowning.



Sean Penn, left, in *Fast Times at Ridgemont High* CONTRIBUTED

The blonde arctic warrior

Saoirse Ronan in *Hanna* (2011): Ronan stars as the title character, a blonde-haired, blue-eyed, 16-year-old killing machine. Living with her father (Eric Bana) in a rustic cabin in a remote and unforgiving forest just below the Arctic Circle, she learns to hunt, fight and speak in various languages. Their hand-to-hand combat scenes are quick, intense, visceral — until one day she tells him, "I'm ready." Upon embarking on the journey that's her destiny, she gets captured by government agents who think she's a shy and sheltered little girl. But, uh ... they're wrong. Even Cate Blanchett in fierce Prada heels can't stop her.



Saoirse Ronan in *Hanna* CONTRIBUTED

Pioneer power in pigtails

Hailee Steinfeld in *True Grit* (2010): Her pigtails and her purity make her adorable, but her strong will and resourcefulness make her a force to be reckoned with. Steinfeld made her astonishingly self-assured film debut as Mattie Ross, the 19th-century pioneer girl who sets the story's action in motion, and earned an Oscar nomination for best supporting actress in the process. She was only 13 when she shot the movie, and to say she holds her own with Jeff Bridges, Matt Damon, Josh Brolin and the rest of the cast would be an understatement.



Hailee Steinfeld, right, in *True Grit* CONTRIBUTED

2

SCENE

Top 5

Weekend box office

- 1 *The Hunger Games*, \$155 million.
- 2 *21 Jump Street*, \$21.3 million (\$5.3 million internationally).
- 3 *Dr. Seuss' the Lorax*, \$13.1 million (\$5.5 million internationally).
- 4 *John Carter*, \$5 million (\$22.2 million internationally).
- 5 *Act of Valor*, \$2.1 million.

HOLLYWOOD.COM

On the Web



Rare movie posters found in Pennsylvania attic fetch \$503,000 at auction; *Dracula* tops list



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Hunger takes aim at top box office

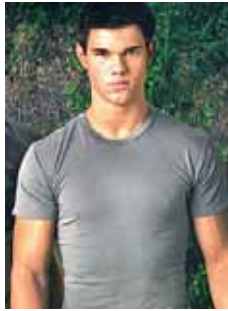
Here's a look at the top-grossing weekend openings in the U.S. of all time, from Twilight to Harry Potter. So where does the highly anticipated release of The Hunger Games fit in?

METRO / THE ASSOCIATED PRESS



\$138.1 million

The Twilight Saga: Breaking Dawn Part 1
The beginning of the end of the beloved Twilight series drew a record number of fans to the theatres, many of whom were excited to see the much-anticipated wedding scene between Bella and Edward.



\$142.8 million

The Twilight Saga: New Moon
Want to watch a love triangle between a human, a werewolf and a vampire? "Sign me up please!" said thousands of Twilight fans on opening weekend.

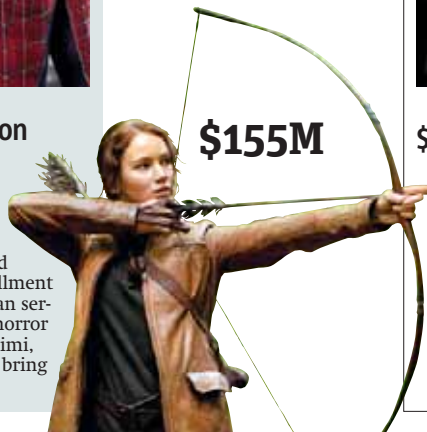


\$151.1 million

Spider-Man 3
Despite being a giant let-down for fans of the comic books and films, this installment of the Spider-Man series, helmed by horror director Sam Raimi, was still able to bring in big bucks.

The Hunger Games has filled fan appetites with a \$155 million opening weekend that puts it near the top of the U.S. record

The huge haul marks the third-best debut ever in terms of revenue, behind the opening for last year's Harry Potter finale and 2008's The Dark Knight.



\$155M



\$158.4 million

The Dark Knight
The hype of Heath Ledger's last performance and director Chris Nolan's good track record with the Batman series drew fans to the theatres, and they weren't disappointed.



169.2 million

Harry Potter and the Deathly Hallows
Muggles united at the movies to say goodbye to the boy wizard and his friends in the final installment of the Harry Potter series.

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Look What You've Done

Club owner wants Drake to pay for pot bust

THE
WORD
Dorothy Robinson
scene@metronews.ca

A rapper smoking weed? Not that surprising. A rapper smoking weed in Oklahoma City?

Well, also not that surprising.

What else is there to do in Oklahoma City?

Earlier this week, Drake, the former child star turned loverboy, was reportedly responsible for a huge cloud of pot smoke in a VIP area, which caused the Dollhouse Lounge to close down — even though they opened for the night especially for him, according to TMZ.

But here's where the story gets weird: The spot's manager claims that once he and the staff smelled the smoke, they shut the party down.

Then the cops came (apparently to help

"restore order") and they discovered a half-burnt joint where Drake and his entourage were previously hanging.

So they arrested the club manager — not Drake — and now the manager is mad and wants Drake to help him out with the various tickets that amount to several thousands worth, according to TMZ.

A half smoked joint found in an ashtray causes not only an arrest but also a lawsuit?

"Crime" in Oklahoma City is just adorable. What do club owners expect when they rent out a club to a world-famous rapper and his entourage?

A knitting circle?



Drake. ALL PHOTOS GETTY IMAGES

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Lawrence on her favourite hunger buster



Jennifer Lawrence

The Hunger Games star Jennifer Lawrence doesn't go hungry, thanks in part to her friendship with Zoe Kravitz, daughter of co-star Lenny. The two met on the set of X-Men: First Class and hung out on the Games set. "We just went to her

dad's hotel room and got Gummi Bears and HBO," Lawrence told Us Weekly, adding that she loves Skittles candies. "We racked up so many charges. Mr. Kravitz was like, 'Did you guys order a lot of room service?!'"



Kim Kardashian

Kim's flour bomb

Last Thursday, someone threw a plastic bag of flour at Kim Kardashian on the red carpet, probably not the first time she's been covered in white powder.

Afterwards, the reality TV star said she wouldn't press charges but now tells E! News: "I said earlier no I wasn't. (But) I am just going to think about it, because I don't want someone to think they can really get away with that. I was laughing it off earlier and, you know, I think that is the only thing I knew how to do at the time."

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Is your dad like the guy from Up? PIXAR

Avoiding the 'oh no, grandpa's here' reaction

Grandparents. 'Discipline as normal,' and other great tips for when the folks visit you and the kids

A good friend returned home after a month in Australia completely deflated. It was, she said, a time of dashed expectations, misunderstandings and tension her three-year-old picked up on.

Not only was she no longer speaking to her parents, but her marriage was strained, the kids had suffered — nobody was left unaffected by the fallout from two households colliding.

A lot of our friends listened to her tale of woe with disbelief, but I found it rather familiar.

A family's baser characteristics only tend to magnify themselves when one of the members moves away, as I did, 10 years ago. Naively, I'd expected our little differences to disappear into all the empty miles between us. But when quality time together is short, the pressure to make the most of it can cause some major explosions.

Here's some tricks to manage the chaos that surrounds a family visit.

First the practical

- Each relative gets a transport pass, a set of car keys (though my parents would never drive in a foreign city), maps and guidebooks.
- My parents cross five time

zones when they visit, so we've experimented with putting our own clocks back an hour at least in spirit for the first day or two they're here. It gets everybody moving at a similar pace.

• Most grandparents are happy to babysit — even without being asked. My parents don't fall in that category. So if my husband and I have other plans when they're visiting, we reserve a sitter, then ask, once they've settled in. If they're happy to comply, we cancel the sitter. We also make sure they know they have the freedom to come and go as they wish.

• If you need your parents to help out with the children now and then, make sure they have time for a siesta in the late afternoon. We all need a break

during the witching hour.

• Making the long trip to see us is a big deal for our families, so we make sure there's time for a touristy outing: a weekend in the country, a museum visit or a night at the theatre.

Once the practicalities are out of the way

• Write a list (and keep it out of sight) of the things about your visitors that bother you but that you cannot change. Anticipate them and try to avoid them, then if you are confronted, they'll be easier to ignore.

• Blather on all you want about yourself, your children, your job, but don't forget to ask

about their lives — theirs are not over yet.

• Stand by your parenting. Discipline as normal. Keep your routines. If your parents want to get involved, they should know they do so at their own peril. (I shudder to think how I would have turned out had my mother let her mother control her parenting choices.)

• A special family visit is not the time to air lifelong grievances. When you catch yourself about to scream: "You always do this," or "Can't you just for once..." run to your room and simmer on your own. Even if you slam a door or throw something up there, nobody should mind — as long as you return in good spirits.

ELLEN HIMELFARE OF MOMMYISH.COM

3

LIFE

Commercial tests

Food allergies

Dr. Elana Lavine, a Toronto allergy specialist, says commercial tests that claim to determine if a person has food allergies, sensitivities or an inability to tolerate certain foods are a waste of money.

The tests look for an antibody reaction to a whole range of foods. When they find a response with an antibody known as immunoglobulin G or IgG, they characterize the result as unhealthy, suggesting the existence of either a food allergy, an intolerance or food sensitivity.

But Lavine says that it's a misreading of what an IgG reaction means. Science isn't 100 per cent sure what an IgG response actually signifies, she said.

THE CANADIAN PRESS

On the Web



Teachers, parents, writers explore yin-yang of Titanic for kids ahead of wreck's centennial

Who doesn't
love
a chocoholiday.



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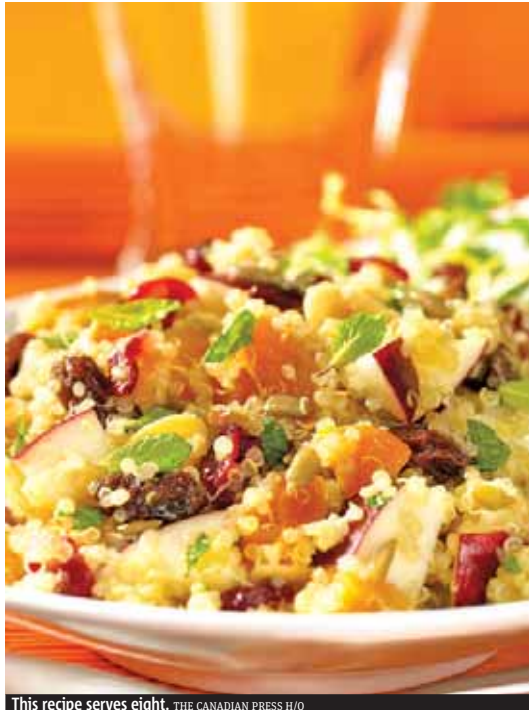
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Cooking the 'superfood' quinoa can be simple to do



This recipe serves eight. THE CANADIAN PRESS H/O

Nutty & Fruity Quinoa Salad. Topping this salad with Maple Vinaigrette offers a perfect combination of healthy ingredients

1. In a saucepan, bring water and quinoa to boil. Reduce heat to low, cover and simmer for about 20 minutes or until liquid is absorbed and quinoa is tender. Let stand for 5 minutes. Fluff with a fork.

2. Transfer quinoa to a large bowl. Add almonds, apple, apricots, sunflower seeds, cranberries, raisins and mint; toss to combine. Drizzle with maple vinaigrette and toss again to coat evenly.

3. Vinaigrette: In a jar, combine maple syrup, vinegar, mustard, oil and water. Seal and shake until well blended. Store in the refrigerator for up to 1 week, shaking well before use. **COOK! BY THE DIETITIANS OF CANADA (ROBERT ROSE INC.,**

Ingredients

- 500 mL (2x cups) water
 - 250 mL (1 cup) quinoa, rinsed
 - 125 mL (1/2 cup) sliced almonds
 - 125 mL (1/2 cup) coarsely chopped apple
 - 125 mL (1/2 cup) coarsely chopped dried apricots
 - 50 mL (1/4 cup) toasted unsalted sunflower seeds
 - 50 mL (1/4 cup) dried cranberries
 - 50 mL (1/4 cup) raisins
 - 30 mL (2 tbsp) finely chopped fresh mint
 - 125 mL (1/2 cup) Maple Vinaigrette (recipe follows)
- Maple Vinaigrette**
- 75 mL (1/3 cup) pure maple syrup
 - 50 mL (1/4 cup) cider vinegar
 - 50 mL (1/4 cup) honey mustard
 - 30 mL (2 tbsp) canola oil
 - 30 mL (2 tbsp) water

2011)/ THE CANADIAN PRESS/ ADAPTED BY EMILY RICHARDS (PROFESSIONAL HOME ECONOMIST, COOKBOOK AUTHOR, TV CELEBRITY CHEF. FOR MORE, VISIT EMILYRICHARDSCOOK.CA)

Healthy eating

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While Cultures bills itself as a healthy alternative to fast food, some of the items on its menu are anything but.

Cultures Tuna Wrap

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Equivalent

Because of the oil and high-fat mayo, just one Tuna Wrap from Cultures is equal to 17 cans of tuna packed in water and fat.



Grilled Chicken Wrap

280 calories, 5 g fat, 450 mg sodium

Whenever you hear the word "grilled," you're better off. You can add your own veggies and avoid any mayo or excess fat.



Queen of Green

Don't let the bed bugs bite



QUEEN OF GREEN
Lindsay Coulter
green@metronews.ca

What are eco-friendly options to prevent and kill bed bugs?
Debbie of Edmonton

To prevent bed bugs, keep clutter to a minimum. Bed bugs thrive in clothes, newspapers and piles of stuff in

general.

And stay vigilant. Watch for notifications within your apartment building, local libraries and hotels. Check the Internet for bed bug identification tips, so that you can report them immediately — before they spread.

Generally speaking, high heat or extreme cold kills bed bugs. Try these tips from my friend, Adria Vasil, author of *EcoHolic*, if you already have bed bugs:

- Steam clean your mattress and then fit the mattress with a tightly woven barrier sheet (organic cotton



barrier sheets will also keep out dust mites).

- Wash everything, including curtains, bedding and removable upholstery in hot water. (You may need to do this more than once.)

- Physically remove bed bugs with the vacuum and then carefully empty and clean the vacuum canister and filter.

- Sprinkle diatomaceous earth around baseboards.
- Try an enzyme-based product like Kleen Green.

Diatomaceous earth is also used to control silverfish, fleas and roaches in the home. Sprinkle a small amount along cracks and baseboards, or above the cupboards. Naturally occurring diatomaceous earth is made from crushed fossilized algae. This fine powder is like glass. It is so abrasive that it damages the protective outer shell of creepy crawlies. When that protective exoskeleton is pierced, insects dry up and

die. Ask for it at your local garden store.

Kleen Green is an organic blend of enzymes specifically designed to naturally remove and eliminate dirt, germs, bacteria, odours and pests, including bed bugs, lice, scabies, crabs, fleas, mites and more. I've never used this product but it beats toxic pesticides, so it could be worth a try! It claims to be non-toxic, no-residue formula, non-flammable, hypoallergenic and biodegradable.

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Of finding a career in film and a ferret named Falcor



THE IN-CREDIBILITY FACTOR
Teresa Kruze
life@metronews.ca

Spotlight on success.
From high school dropout to feature filmmaker

Alison Parker used to work at a sandwich shop in Vancouver just down the road from Columbia Academy.

"One day I took off my apron and walked across the street. They convinced me to apply. I went from a high school dropout to audio student of the year in 2002."

Alison got into the film industry and three years ago became a director. She also adopted a pet ferret named Falcor.

Upset at the way ferrets were being portrayed in the movies she decided to make a short film to challenge the negative stereotypes. Through sheer determination she raised the funds,



Alison Parker, film producer and director. PROVIDED

found sponsors and convinced many of the cast and crew to volunteer their time.

Jake and Jasper: A Ferret Tale starring Falcor, Connor Stanhope, Andrew Jackson,

Blu Mankuma and featuring the music of the Crash Test Dummies is a hit at several international film festivals. Parker is now in pre-production on her first feature-

Lights, camera, advice!

Alison's advice to aspiring filmmakers

- Make films on what you know.
- Be original.
- Be passionate about it. If you love it chances are other people will love it too.
- Use social media daily to promote and grow your fan base.
- Make a clever, great quality promo to help raise funds.

See Alison's hilarious and successful fundraising video at theferretmovie.com.

length movie.

"I didn't know it was going to be as big as it was with an all-star cast but I knew in my heart I could make it happen. I'm proud to say I turned my life around. It's never too late."

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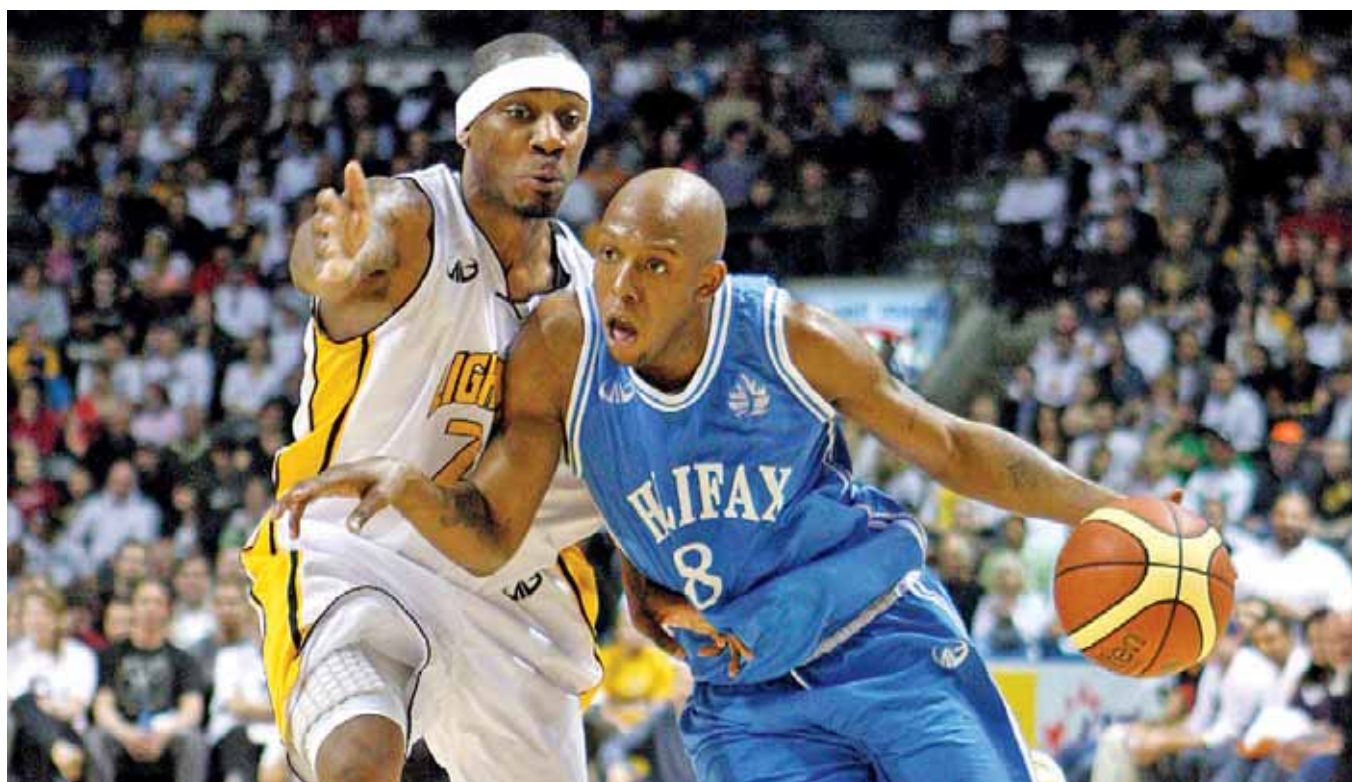
4

SPORTS

Curling

Nedohin
captures
bronze

Canada's Heather Nedohin won the bronze medal at the women's world curling championship. Her Edmonton team defeated South Korea's Ji-Sun Kim 9-6. Nedohin's squad features Truro's Beth Iskiw and Laine Peters, who curled in Nova Scotia for more than a decade.



Halifax Rainmen guard Taliek Brown drives down court against London Lightning defender Tim Ellis in the National Basketball League of Canada final on Sunday. DAVE CHIDLEY/THE CANADIAN PRESS

Lightning strikes Rainmen in 4th quarter

NBL of Canada final.
Lightning outscore
Rainmen 35-15 in final
frame to win inaugural
NBL of Canada
championship



**MATTHEW
WUEST**
Metro in Halifax

The London Lightning didn't let the Halifax Rainmen steal their thunder — not on their home court with a championship on the line.

The Lightning captured the inaugural National Basketball League of Canada title on Sunday afternoon at John Labatt Centre in London, Ont., defeating the Rainmen 116-92 in the deciding fifth game before a crowd of 5,106.

It was a heartbreaking loss for the Rainmen, who had shown tremendous grit to battle back from a 2-0 series deficit with back-to-back wins at home.

"It's tough — a lot of guys are really emotional in the locker-room," said

Rainmen guard Lawrence Wright. "It's just so hard because we fought so hard to come back, and we had fans here, fans who were behind us, and a big part of where we got was because of them."

It took a dominating fourth quarter for the Lightning to get it done, as very little separated the two teams until that point. Leading by four going into the final frame, the Lightning

scored the first 10 points of the fourth as part of a 14-0 run and didn't let the Rainmen on the board until the 8:30 mark.

That gave London a 91-77 stranglehold — the first double-digit lead of the night — and the Lightning continued to pad the lead the rest of the way, finishing with a 35-15 edge over the final 12 minutes.

"They really capitalized on our mistakes," said Rain-

men guard Chris Hagan, who had a team-high 21 points.

"We left some of their guys open and they're a good team and they knock down open shots. You've got to give them credit for making big plays down the stretch and all we can do is tell them, 'Congratulations.'"

The Rainmen started the game scorching hot from three-point range, hitting nine of their first 13 from beyond the arc. But they went cold in the second half, missing 26 of their final 37 shots.

"We were getting good shots, we just weren't finishing, and maybe guys were tired and we ran out of steam," Wright said.

Although the season ends in heartbreak, the Rainmen went 27-17 and enjoyed the deepest playoff run in franchise history.

"We have a lot to be proud of," Hagan said. "I'm proud of my teammates and the way that we battled, and it hurts, but at the end of the day, we gave it all we had and we really fought back to get into the series. That's really all you can ask of your teammates."

'Sheriff' shot back

Ex-Rainmen guard sinks key shots in Lightning win

Trading Rodney Buford landed the Halifax Rainmen an all-star, but it ended up costing them when it counted most.

The ex-NBA player, nicknamed "The Sheriff," nailed three straight three-pointers that helped turn Sunday's championship game in London's favour, spurring a 14-0 run that started late in the third quarter.

"I started the season in Halifax, and then I finish the season in London with a championship," Buford said afterward. "Nothing feels better than that."

The Rainmen made the first trade in NBL of Canada history when they dealt Buford to London on Nov. 14 for Tyrone Levett. Levett became one of Halifax's top players, earning a spot on the NBL of Canada's second all-star team as well as a first-team all-defence selection. **MATTHEW WUEST/WITH FILES FROM METRO LONDON**

Freeman named MVP

- Lightning forward Gabe Freeman, who averaged 20.4 points and 13.6 rebounds over five games, was named MVP of the championship series.
- "When you have a town that wants you to win, and wants to be part of the team, you can't ask for anything better," Freeman said.
- Lightning head coach Michael Ray Richardson was awarded the NBL of Canada's coach-of-the-year award after the game.



Matthew Wuest/with files
from Metro London

Dream now a reality in Quebec

NHL-style arena.
Quebecor lands
naming rights for
future arena and
exclusive rights to
manage the facility

It's official. Quebec City says it will begin construction on a new NHL-style arena this September.

Now all the city needs is a team to play in it.

Mayor Régis Labeaume announced on Sunday the \$400-million arena will hold about 18,000 people, saying

it would be comparable to a facility the Pittsburgh Penguins moved into a year ago. "Today, the dream becomes a reality," he told reporters at a news conference.

Labeaume said the city can proceed with the project after finalizing an agreement with Quebecor on Friday.

If an NHL team is acquired, Quebecor would hand over \$63.5 million for naming rights, plus \$5 million in annual rent. Without one, the company would pay \$33 million for the rights and an average of \$3.15 million annually for rent.

THE CANADIAN PRESS



Woods back to winning ways

Tiger Woods celebrates on the 18th green after winning the Arnold Palmer Invitational golf tournament at Bay Hill Sunday in Orlando, Fla. It was his first win on any tour since Nov. 15, 2009, and since revelations about his extramarital affairs. JOHN RAOUX/THE ASSOCIATED PRESS

Squash

Seventh annual Squash Classic set

The seventh annual Blue-nose Squash Classic will take place at the Rebecca Cohn Auditorium Monday through Saturday.

The \$55,000 event is part of the Professional Squash Association world tour. Halifax's Matthew Bishop will participate in tournament qualifying. METRO

Boxing

Halifax's Cave scores a win

Halifax's Tyson Cave improved his professional record to 17-2 with a win over Jovanny Soto on Saturday night at the Halifax Forum multi-purpose centre.

Cave, who last fought on Jan. 21, scored a unanimous decision, winning 100-90 on all three scorecards. METRO



Martin Frk and Konrad Abeltshauser celebrate a goal in this file photo. The Mooseheads have a 2-0 lead on the Wildcats in the first round of the QMJHL playoffs.

RYAN TAPLIN/METRO FILE

Mooseheads confirm status as favourites

QMJHL playoffs.

Big crowds, big wins
at Metro Centre as
Mooseheads jump out
to 2-0 first-round lead
over Moncton Wildcats



MATTHEW
WUEST
Metro in Halifax

The Halifax Mooseheads entered the QMJHL first round against the Moncton Wildcats as solid statistical favourites. So far, they've measured up to expectations.

With the series set to shift to Moncton for Games 3 and 4 on Monday and Tuesday, the Mooseheads have seized a 2-0 lead in the best-of-seven series after back-to-back home wins at the Metro Centre on the weekend.

In front of boisterous crowds that surpassed 7,000

each night, the Mooseheads posted a 5-1 win on Friday and followed it up with a 4-1 triumph on Saturday despite losing top defenceman Konrad Abeltshauser to a two-game suspension hours before Game 2.

"We wanted to take care of the games at home and we did that with these two wins," said Mooseheads defenceman Trey Lewis. "We don't think we have to (change much) in Moncton."

There were surprisingly very few jitters considering the Mooseheads came into the weekend carrying nine players who had never played a QMJHL playoff game and 20 more who had never won one.

Regular-season co-MVPs Nathan MacKinnon and Zach Fucale, both 16-year-old rookies, certainly weren't fazed.

MacKinnon had three goals and an assist over the two games with first- and third-star performances, while Fucale stopped 45 of

47 shots and was the first star in Saturday's win.

They know it will be a stiffer challenge without their fans behind them in Moncton.

"It's obviously harder (on the road) and some of us haven't lived that yet," Fucale said. "We have to find a way to come together."

"That's really what's made the team for us, really supporting each other, and like we've done in our past two games we'll prepare well and give our best effort."

Both of Moncton's goals came on the power play from defenceman James Melindy, and the Mooseheads have done a good job limiting the Wildcats' offensive chances and haven't given up many odd-man rushes.

"That's what we've been harping on all year — a block of five, coming back defensively and taking care of our own end," Lewis said. "If we do our job in the de-

Saulnier's status not clear

- The Moncton Wildcats aren't revealing much information about the health status of leading scorer Alex Saulnier, and there's no definitive timetable for his return.
- The 19-year-old centre missed the first two games of the series with what head coach Danny Flynn called the "flu," and is being listed as "day-to-day."
- "My brother's a big loss to our team and he's just trying to get better day-by-day," said Alex's twin brother, Allain. "Hopefully he'll be in the lineup on Monday."

fensive end, it will pay us back in the offensive end."

The start time for both games in Moncton is 7 p.m.

"It starts all over Monday night," Fucale said. "We have to refocus and start again."

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ESTIMATES

Miscellaneous

Miscellaneous

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Comes with charger and case
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Great condition
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all one unit, 2 feet long
\$50.00
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Off white color from
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Ladies Danier Black Leather Jacket
Size Large Bomber Style
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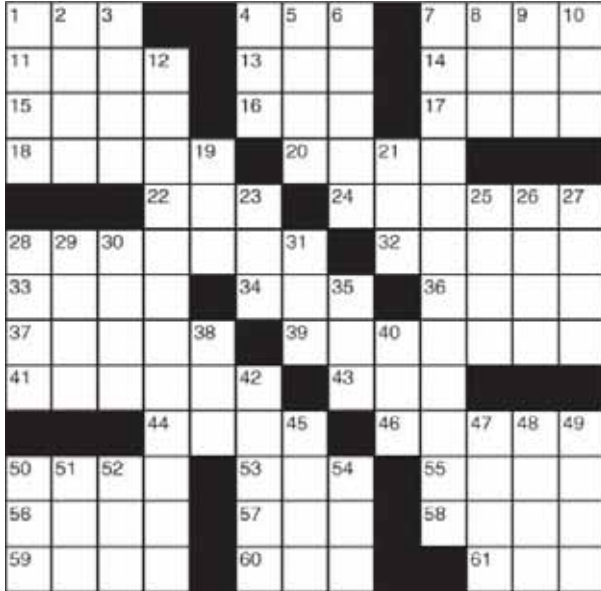
New White Shower Set
Faucet and Shower Spout
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Crossword

Across

- 1 — Wan Kenobi
4 Health resort
7 Recording
11 Swimming venue
13 LummoX
14 Thing
15 Opposed to
16 Buddy
17 Options list
18 Rife with foliage
20 Toothpaste container
22 Hearing organ
24 Shoe without laces
28 Sleep-wear
32 Trap
33 Verve
34 Wrinkly-faced dog
36 Faucet problem
37 Gives temporarily
39 "The Big Bang Theory" star Jim
41 Birdcage attachment
43 Swab the floors
44 Way out
46 Stretchy candy
50 Pop singer
Lady —
53 To and —
55 Col. Mustard's game
56 Settled down
57 Legislation
58 Into the sunrise
59 Big party
60 Storm center
61 Next-to-last Greek letter
Down
1 October birthstone
2 Skeletal component
3 Tiny amount



- 4 Weep
5 Role
6 In a state of conflict
7 Ontologists' concerns
8 Dined
9 Corral
10 Flightless bird
12 Vitally important
19 Sweet potato
21 Derek and Diddley
23 Knock
25 Gambling game
26 Ms. Brockovich
27 Agents, for short
28 Riches
29 Sheltered

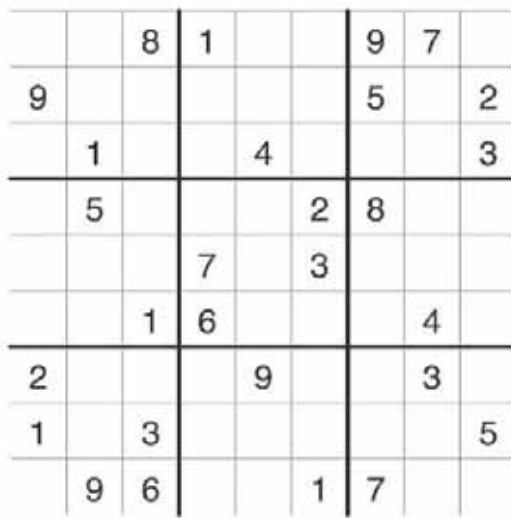
- 30 Tarzan's wife
31 Dine
35 Leg, slangily
38 Gender
40 Deterioration
42 Winchester or Springfield
45 Salver
47 Envelope part
48 Commotion
49 Bigfoot's cousin
50 Talk on and on
51 Chicken king
52 Our soldiers
54 Have bills

For today's crossword answers and for expanded horoscopes, go to metronews.ca

Yesterday's answer



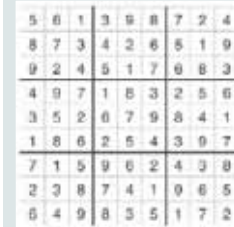
Sudoku



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer



Send a kiss

- To Dee.** I'm younger, you're older. I was brought up in a conservative household, you were brought up in a liberal one. I'm time-oriented, and you take your time to make things right. We have so many things not in common... but that's what makes our relationship so special. Thank you for everything and more. Cheers to a bottom-less pit of memories and love. From Ree
- Yes.** You already won me, just gotta go get me, but I can get you too. From Yes
- Either.** because im single, maybe your not? But you want it up to me, im fine with that, don't overthink it, not a bad thing, same thing you did before would be awesome. But it can be up to me, just hope you really let me... From Way u Missed Connection
- Same.** You know it's been this way for me too, but now pretty sure I know why. And when everything said and done with my life, I can maybe be beside you if you do what you gotta do. From here

Horoscope

Aries | March 21 - April 20.

Try to keep your more caustic comments to yourself or you'll spend the next few days apologizing.

Taurus | April 21 - May 21.

Somewhere along the line you have made an embarrassing, and maybe costly, mistake but you must not let it affect your confidence.

Gemini | May 22 - June 20.

You just know that someone is keeping something from you and it's causing you a fair bit of anguish.

Cancer | June 21 - July 22.

You may find it harder than usual to express yourself today but that's probably no bad thing.

Leo | July 23 - Aug. 22.

Why

are you finding it hard to be cheerful when so many things are going your way?

Virgo | Aug. 23 - Sept. 22.

You really don't care what other people think but even so it might be wise to listen to their criticisms today.

Libra | Sept. 23 - Oct. 22.

The best way to deal with someone who is giving you a hard time today is not to give them a hard time in return but to be nice to them.

Scorpio | Oct. 23 - Nov. 21.

Make sure you have got your facts right before wading in with an opinion

Sagittarius | Nov. 22 - Dec. 21.

Take care not to fall out

with someone you usually get along with quite well over what is really a trivial matter.

Capricorn | Dec. 22 - Jan. 20.

You may be impatient to get started on something you have been planning for ages.

Aquarius | Jan. 21 - Feb. 18.

This is a good day for thinking but maybe not such a good day for actively pursuing your ambitions.

Pisces | Feb. 19 - March 20.

Mercury in your sign is at odds with Saturn, which suggests you may not be thinking straight over the next 24 hours. Fortunately, Pisces is a sign that relies more on intuition — and your instincts are perfect as usual.

SALLY BROMPTON

Today 5°/-5° Showers 60%

Tuesday -2°/-5° Light snow 70%

Your #1 weather forecast now available in HD. Check your local listings for details. The Weather Network HD ©The Weather Network 2012



Caption Contest

"If there are angry birds, there will be floating pigs!" Honey

KIN CHEUNG / THE ASSOCIATED PRESS

Win!



You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in Wednesday's Metro.

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ENDS
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09
LEFT

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